Choose wisely

A health guide for eating fish in Wisconsin

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A health guide for eating fish in Wisconsin

If you enjoy eating fish, the information in this brochure will help you plan how much fish you can safely eat. This information is not intended to discourage you from eating fish, but should be used as a guide to select fish that are low in contaminants.

Fishing is a Wisconsin tradition. It is a sport anyone can participate in and is a great reason to get outdoors anytime of the year. Fishing is fun and fish are good for you to eat in moderation. However, fish may take in pollutants from the water they live in and the food they eat. Some pollutants can build up in the fish to levels that can be harmful to fish consumers – including humans.

Health *benefits* from eating fish

When properly prepared, fish provide a diet high in protein and low in saturated fats. Many doctors suggest that eating 1 to 2 meals of fish each week is helpful in preventing heart disease. Almost any kind of fish is a healthy replacement for a high-fat source of protein in the diet. You can get the health benefits of fish while reducing unwanted contaminants by following this advisory. You and your family should determine the type and amount of fish you eat and compare that to the advice in this guide. After consulting the advisory, you may find that you do not have to change your consumption habits at all, or you may choose to eat different fish or space fish meals farther apart.

"People should put their consumption habits in context with the advice found in this brochure. Most people will find they do not have to drastically alter their current fish-eating habits."

- Dr. Henry Anderson Wisconsin Division of Health

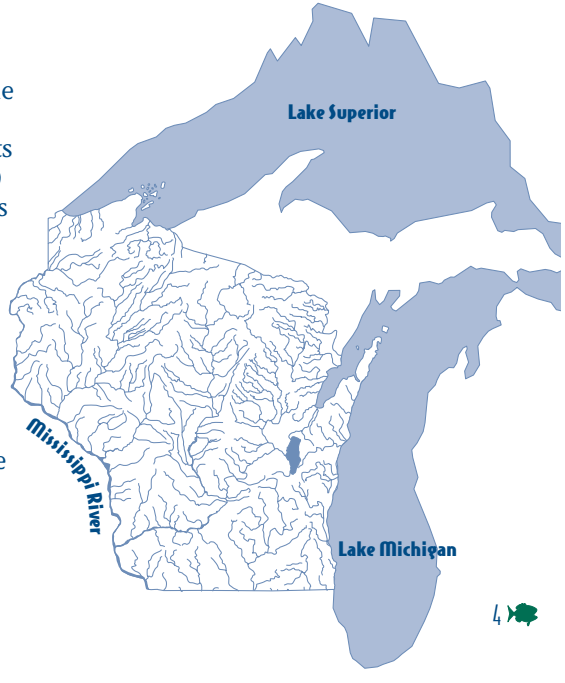
Fish testing sites

Wisconsin's fish collection and testing program is frequently adjusted to meet changing needs. New lakes and rivers are tested each year, along with some previously tested waters to determine trends in contaminant levels.

Wisconsin is rich in water resources. There are nearly 15,000 lakes and 32,000 miles of rivers located within the state, as well as Lakes Michigan and Superior and the Mississippi River on its borders. Since testing began, over 1600 sites have been tested. The state focuses its sampling program in:

- waters with known or suspected pollution;
- lakes that may be susceptible to mercury contamination;
- popular angling waters;
- waters where changes with time are being tracked.

You can still eat fish from waters that the state has not yet tested. Just follow the guidance on page 7.



Advisory – Statewide and Specific Advice

Recent studies found that low levels of mercury affect the developing nervous systems in fetuses. Wisconsin's fish consumption advisory for mercury reflects the latest scientific findings to better protect human health.

Because fish from most waters contain mercury at levels that require consumption advice, Wisconsin developed appropriate advice that applies to most inland waters. Specific guidance is also provided for waters that require more restrictive advice because higher mercury levels or PCBs have been documented.

Specific advice is given on how many meals of fish a person may safely eat. The number of recommended meals falls into categories based on the average contaminant levels for a given fish size, species and location.

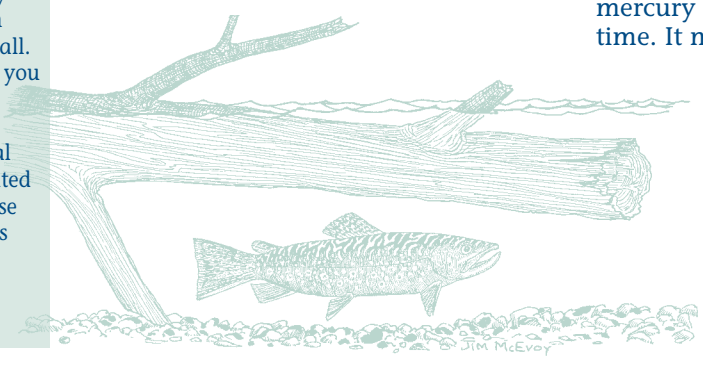
Wisconsin's fish consumption advisory is based on the work of public health, water quality and fisheries experts from eight Great Lakes states and the Canadian province of Ontario.

Based on the best available scientific evidence, these scientists determined how much fish is safe to eat over a lifetime based on the amount of contaminants found in the fish and how those contaminants affect human health. In developing the recommendations presented in this guide, health officials considered a range of possible health risks such as cancer, hormonal and immune system effects, but placed the most weight on fetal/child developmental problems.

Although this advisory is based on reproductive risks rather than cancer, some contaminants do cause cancer in animals. Your risk of cancer from eating contaminated fish cannot be predicted with certainty. Cancer currently affects about one in every two men and one in every three women by the age of 70, primarily due to smoking, diet and hereditary factors. Exposure to contaminants in the fish you eat may not increase your cancer risk at all. If you follow this advisory over your lifetime, you will minimize your exposure and reduce whatever cancer risk is associated with these contaminants. At worst, using Environmental Protection Agency (EPA) methods, it is estimated that approximately one additional cancer case may develop in 10,000 people who follow this advisory over their lifetime.

Contaminants of concern

Two main contaminants are responsible for fish advisories in Wisconsin. They are **polychlorinated biphenyls (PCBs)** and **mercury.** These contaminants differ in where they come from, where they accumulate in fish, and how they affect human health. Therefore, the advice in this booklet is divided into two sections, one for consuming fish contaminated with mercury and the other for consuming fish containing PCBs.



Contaminants such as PCBs and mercury build up in your body over time. It may take months or years of frequently eating contaminated fish to build up amounts that are a concern to health. Health problems which may result from the contaminants found in fish range from changes in subtle effects that are hard to detect, to birth defects and cancer.

Contaminant	PCBs	Mercury
What is it? Where does it come from?	Polychlorinated biphenyls(PCBs) are synthetic (man-made) substances that were used in the manufacture of electrical transformers, carbonless papers, cutting oils, and hydraulic fluids. Manufacture of PCBs was banned in the US in 1977. However, because PCBs are slow to break down in the environment, they remain a problem.	Mercury occurs in the environment naturally and as a result of human activity. It is released into the air when rocks erode, volcanoes erupt and soils decompose. It is also released into the air when power plants burn coal, incinerators burn mercury-containing waste and during the production of other chemicals. Airborne mercury attaches itself to water and dust particles and enters lakes and other waters in rain, snow and runoff.
What water bodies contain the contaminant?	PCBs released into the environment accumulate in sediments at the bottom of lakes and streams. The Great Lakes and rivers with heavy industrial use, are more likely to have PCB contaminated fish than inland lakes. This is because industries associated with past PCB use are often located on major rivers and Great Lakes tributaries.	Mercury is found in all waters. Lakes and wetland areas are more likely to contain bacteria which changes the mercury into a form that is easily absorbed by fish and other organisms. Therefore those waters tend to have fish with higher mercury concentrations.
What types of fish contain the most contaminants?	Fish absorb PCBs from contaminated sediments suspended in the water and from their food. The amount of PCBs found in fish varies depending on species, age, size, fat content and diet. Larger and older fish will contain more contaminants than smaller, younger fish. PCBs accumulate in the fat of fish. Therefore, fatty fish like carp and catfish may contain higher levels of PCBs.	Walleyes and other larger, older predatory fish often contain relatively high mercury levels compared to smaller fish such as bluegills, crappie and yellow perch, or smaller fish of the same species from the same lake or river. Fish absorb mercury directly from water passing over their gills or by ingesting other mercury contaminated organisms.
Where is it found in fish?	**Fortunately you can reduce (not eliminate) the amount of PCBs in a fish meal by properly trimming, skinning and cooking your catch to reduce fatty tissue (page 16).** Cooking does not destroy PCBs but heat from cooking melts some of the fat in fish and allows some of the contaminated fat to drop away. Broil, grill or bake the trimmed, skinned fish on a rack so the fat drips away. Do not use the drippings to prepare sauce or gravies.	Mercury accumulates in the muscle of fish, the part that you eat. Therefore, **trimming, skinning, and cooking do not reduce mercury levels in fish.**
What is its effect on human health?	Studies indicate that people exposed to PCBs are at greater risk for a variety of health problems. Infants and children of women who have eaten a lot of contaminated fish may have lower birth weights and be delayed in physical development and learning. PCBs may affect reproductive function and the immune system and are also associated with cancer risk. **Once eaten, PCBs are stored in body fat for many years. Each time you ingest PCBs the total amount of PCB in your body increases.**	Fetuses and children under the age of 15 are more sensitive to mercury than adults. Mercury, unlike PCB, poses a short-term health risk to people who frequently eat fish that contain this contaminant. Mercury affects the human nervous system. Mercury can damage developing brains of children and may affect a child's behavior and ability to learn. **The human body can eliminate mercury. Therefore, spacing your meals out over time can help reduce the amount of mercury in your system.**

How to use this advisory

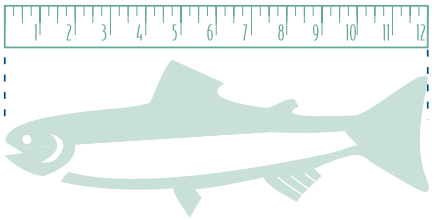
This publication explains which fish species in Wisconsin lakes and rivers are known to contain certain toxic pollutants. The charts on the following pages describe precautions you should consider before you decide to eat fish you've caught from waters where contaminants pose a problem.

It's important to note that this guide features safe-eating guidelines and two different sets of health advice for specific waters: one for fish contaminated with mercury and another for fish containing PCBs and other pollutants.

Generally, people who should take the most precautions are women of childbearing years who are pregnant, think they may become pregnant at some time, women who are breastfeeding an infant, and children under the age of 15.

Follow these steps to use this advisory

1) Read the safe-eating guidelines on the following pages. **This advice applies to most waters in Wisconsin.**
2) Note the name of the waterbody you are fishing. Check both the **mercury** (by county) and **PCBs** (alphabetically) tables for the water body name.
   a) Determine the fish species that you've caught.
   b) Measure your fish from the tip of the nose to the end of the tail.



   c) Determine the eating advice for the fish from the table.
3) **If the waterbody or fish species does not appear in either table, follow the safe-eating guidelines on the next page.**

Safe-eating guidelines – for most of Wisconsin's inland (non-great lakes) waters

Women of childbearing years, nursing mothers and all children under 15 may eat:*	Women beyond their childbearing years and men may eat:
1 meal per week – Bluegill, sunfish, black crappie, white crappie, yellow perch or bullheads,	**Unlimited amounts –** Bluegill, sunfish, black crappie, white crappie, yellow perch, or bullheads,
And	**And**
1 meal per month – Walleye, northern pike, smallmouth bass, largemouth bass, channel catfish, flathead catfish, white sucker, drum, burbot, sauger, sturgeon, carp, white bass, rock bass or other species.*	**1 meal per week–** Walleye, northern pike, smallmouth bass, largemouth bass, channel catfish, flathead catfish, or other species.


Black Crappie


Bluegill

**Muskies should not be eaten by this group of people due to high mercury content*


Muskellunge


Channel Catfish


White Bass

On certain waters more restrictive advice is needed because fish have been found to contain higher levels of mercury or PCBs. Please check the tables on the following pages.

Advisories apply only to eating your catch and in no way restrict your fishing or other water activities.

Statewide Safe-eating guidelines

Purchased fish

People often ask about the levels of contaminants in fish bought in stores or restaurants. The Food and Drug Administration (FDA) sets tolerance levels for contaminants to regulate the interstate sale of fish. Recently, FDA and EPA issued fish consumption advice for women (of childbearing age) and children for commonly eaten commercial fish species. The FDA/EPA advice recommends that up to 12 ounces of fish that are low in mercury be eaten per week to obtain the health benefits of fish and shellfish. Please see the FDA/EPA Consumer Advice for more information (www.cfsan.fda.gov/seafood1.html) and to determine which commercial fish species are safest.

Fish purchased in stores and restaurants may also contain contaminants. Follow these guidelines for popular commercial species to reduce your exposure to mercury:

Purchased Species	Women of child-bearing age and children under 15	Women beyond child-bearing age and men
Salmon, shrimp, canned light tuna, pollock, catfish	*2 meals per week*	*Unlimited Consumption*
Canned white tuna, tuna steaks, halibut	*2 meals per month*	*1 meal per week*
Shark, swordfish, king mackeral, tilefish	*Do Not Eat*	*1 meal per month*

Because fish bought in a store or restaurant do not come with labels that tell you the contaminant levels, or even where the fish came from, it is up to the consumer to ask about the source of the fish. In addition to checking the FDA/EPA advice it is important to eat a variety of fish species to ensure that you do not eat a steady diet of fish with high levels of contaminants. In addition, check with state and local agencies for information on the safety of fish from lakes, rivers, and coastal areas.

Eating crayfish, clams and turtles

Some people may be interested in eating other organisms besides fish caught in Wisconsin waters. Crayfish, clams and snapping turtles may be harvested from Wisconsin waters as long as rules and regulations affecting these species are followed.

These aquatic or semi-aquatic animals can accumulate the same contaminants that occur in fish, but the levels aren't necessarily the same. For example, clams generally have lower contaminant levels because they filter food particles from the water and do not eat organisms higher on the food chain. Snapping turtles eat higher on the food chain, but have very defined fat deposits that can be removed during cleaning to reduce any fat-soluble contaminants that might be present, such as PCBs.

Some sites have "Do Not Eat" warnings for many species of fish. Before catching and dining on wild fare from these sites, it's best to contact a local DNR office for more information on species from specific sites.

Parasites and tumors in fish

Anglers sometimes catch fish that contain worms, grubs, cysts, or nodules in the flesh. When cleaning fish, anglers may notice worms in or around the intestines of the fish. Common parasites seen in fish are black spot, yellow grubs and tapeworms.

Fish parasites are a normal part of the ecosystem. While unattractive, parasites do not present a health hazard if the fish is thoroughly cooked. Pickling will not always kill tapeworm common to northern pike. Therefore, canning methods that include a boiling water bath are recommended.

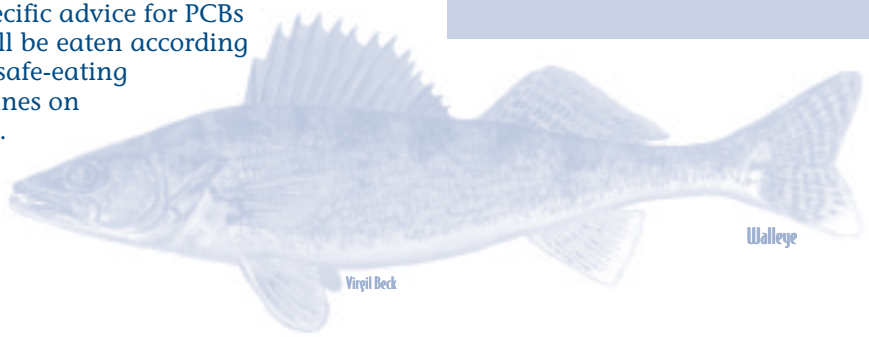
Occasionally fish have external growths, tumors, sores or other lesions, due generally to viral or bacterial infections. Damaged or infected tissue should be removed. Select the healthy tissue for cooking and eating.

Specific advice for mercury

While all fish contain some mercury, large fish, especially walleye contain more mercury than small fish, like perch. In certain lakes and rivers, the sensitive natural water chemistry allows the mercury to bioaccumulate more easily, leading to higher levels of mercury in the fish. The following table contains special advice for fish that have been found to contain mercury at higher levels. Women of childbearing age who intend on becoming pregnant and children under 15 should be especially careful to follow the guidance in the table.


Yellow Perch

The lakes and rivers listed in the table have been tested and found to contain fish with higher levels of mercury. **This advice is just for the species and sizes of fish listed below.** Other species caught from these waters but not listed below or in the specific advice for PCBs can still be eaten according to the safe-eating guidelines on page 7.


Walleye

Virgil Beck

Important note regarding fish on the mercury portion of the advisory:

Mercury is distributed throughout a fish's muscle tissue (the part you eat) rather than in the fat and skin. The only way to reduce mercury intake is to reduce the amount of contaminated fish you eat.

County	Water body	Women of childbearing age and children under 15	
		DO NOT EAT	Eat 1 meal/month*
Ashland	English Lake	Walleye larger than 17"	
Ashland	Spillerberg Lake		Yellow Perch
Bayfield	Diamond Lake	Walleye larger than 20"	
Bayfield	Long Lake (T48 R5W S6)	Walleye larger than 15" Largemouth Bass larger than 14"	Yellow Perch
Bayfield	Siskiwit Lake	Walleye larger than 20"	
Bayfield	Tahkodah Lake	Walleye - all sizes	All Panfish
Chippewa	Horseshoe Lake (T32 R8W S33)	Walleye larger than 20"	
Chippewa	Round Lake (T32 R9W S14)	Walleye larger than 20"	
Clark (Jackson)	Black River: Lake Arbutus	Walleye larger than 22" Channel Catfish larger than 25" Smallmouth Bass larger than 17"	Black Crappie
Clark	Sherwood Lake		Black Crappie
Douglas	Lyman Lake	Walleye larger than 17"	
Douglas	Minnesuing Lake	Walleye larger than 17"	Black Crappie
Douglas	St. Croix Flowage		Black Crappie
Douglas	St. Louis River/Superior Harbor	Walleye larger than 20"	
Florence	Brule River Flowage	Walleye larger than 20"	
Florence	Sand Lake (T38 R18E S21)	Walleye larger than 18"	
Fond du Lac	Mauthe Lake		Yellow Perch
Forest	Deep Hole Lake	Walleye larger than 18"	
Forest	Julia Lake (T38 R12 S06)	Walleye larger than 17"	
Forest	Little Sand Lake	Northern Pike larger than 25"	Bluegill
Forest	Roberts Lake	Walleye larger than 26"	
Forest	Van Zile Lake	Largemouth Bass - all sizes Northern Pike larger than 24"	Bluegill
Iron	Bearskull Lake	Walleye larger than 18"	
Iron	Gile Flowage	Walleye larger than 19"	
Iron	Island Lake (T44 R1E S25)	Walleye larger than 18"	
Iron	Lake Six		Yellow Perch
Iron	North Bass Lake	Largemouth Bass - all sizes	

Continued on next page

Mercury

** Women beyond their childbearing age and men are advised to eat no more than 1 meal per week of these panfish species.*

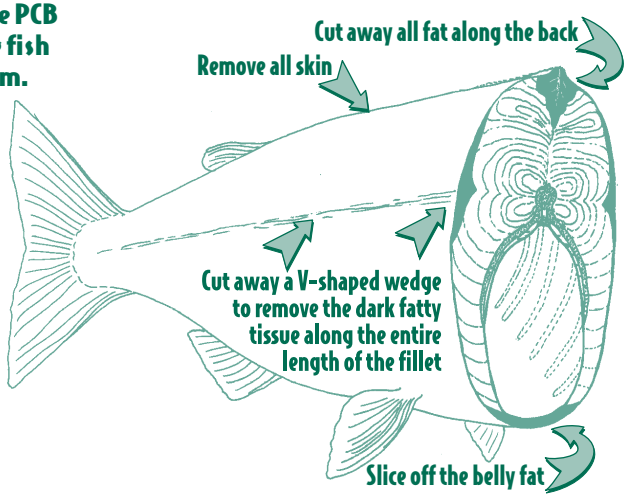
County	Water body	Women of childbearing age and children under 15	
		DO NOT EAT	Eat 1 meal/month*
Iron	Owl Lake	Walleye larger than 17"	Black Crappie
Iron	Turtle-Flambeau Flowage and Trude Lake	Walleye larger than 20"	
Jackson	Cranberry Flowage - Upper	Largemouth Bass larger than 19"	Black Crappie Bluegill larger than 8"
Jackson	Harkner Flowage		Black Crappie, Yellow Perch
Jackson	Potter's Flowage	Largemouth Bass larger than 18"	Black Crappie, Yellow Perch
Jackson	Townline Flowage		Black Crappie, Yellow Perch
Jackson	White Tail Flowage	Northern Pike larger than 22"	
Langlade	Greater Bass Lake	Largemouth Bass - all sizes Northern Pike larger than 22"	
Langlade	Summit Lake	Largemouth Bass - all sizes	
Lincoln	Pesabic Lake		Black Crappie
Lincoln	Somo Lake	Walleye larger than 20"	Bluegill
Lincoln	Spirit River Flowage		Black Crappie
Manitowoc	Pigeon Lake	Largemouth Bass larger than 17"	
Marathon	Big Bass Lake	Walleye larger than 18" Largemouth Bass larger than 18"	
Marinette	Lake Noqueby	Walleye larger than 19"	
Marinette	Menominee River at Lower Scott Flowage	Walleye larger than 19"	All Panfish
Marinette	Peshtigo River at Caldron Falls Flowage	Walleye larger than 20"	All Panfish
Marinette	Peshtigo River at High Falls Flowage	Walleye larger than 20"	Black Crappie
Monroe	North Flowage		Black Crappie
Monroe	Ranch Creek at Lost Lake	Largemouth Bass larger than 15"	All Panfish
Oneida	Currie Lake	Walleye larger than 19"	
Oneida	Dog Lake (T38 R11E S15)	Walleye larger than 20"	
Oneida	Emma Lake	Walleye larger than 20"	
Oneida	Franklin Lake	Walleye larger than 21"	
Oneida	Hemlock Lake	Walleye larger than 17"	All Panfish
Oneida	Hodstradt Lake	Walleye larger than 19"	
Oneida	Long Lake (T37 R7E S10)	Walleye larger than 21"	
Oneida	McGrath Lake	Largemouth Bass larger than 18"	All Panfish
Oneida	Moen's Lake Chain (includes Moen's, Second, Third, Fourth, and Fifth Lakes)	Walleye larger than 19"	
Oneida	Sugar Camp Chain of Lakes (includes Chain, Dam, Echo, Sand and Stone Lakes)	Walleye larger than 22"	
Oneida	Sugar Camp Lake	Walleye larger than 18" Smallmouth Bass larger than 17" Northern Pike larger than 28"	
Oneida	Whitefish Lake		All Panfish
Oneida	Willow Flowage	Walleye larger than 20"	
Oneida	Willow Lake (T37 R4E S09)	Walleye larger than 20"	
Portage	Collins Lake	Walleye larger than 20"	
Price	Bass Lake (T40 R2W S15)	Walleye larger than 15"	
Price	Butternut Lake (T40 R01W S18)	Walleye larger than 20"	
Price	Flambeau River at Crowley Flowage	Walleye larger than 23"	
Price	Flambeau River at Pixley Flowage	Walleye larger than 22"	
Price	Musser Lake	Walleye larger than 24"	
Price	Solberg Lake	Walleye larger than 22"	
Rusk (Chippewa)	Sand Lake (T33 R08W S34)	Walleye larger than 21"	
Rusk	Flambeau River at Dairyland Flowage	Walleye larger than 17"	
Sawyer	Black Lake		Black Crappie
Sawyer	Ghost Lake	Walleye larger than 20"	
Sawyer	Windigo Lake	Walleye larger than 19"	
Sheboygan	Big Elkhart Lake	Walleye larger than 19"	
Taylor	Sackett Lake	Walleye larger than 19"	
Taylor	South Harper Lake	Walleye larger than 19"	
Vilas	Annabelle Lake	Walleye larger than 18"	
Vilas	Broken Bow Lake	Largemouth Bass larger than 15"	
Vilas	Ike Walton Lake	Walleye - all sizes	
Vilas	Jag Lake	Walleye larger than 20"	
Vilas	Kentuck Lake	Walleye larger than 28"	Black Crappie
Vilas	Lynx Lake (T43 R7E S18)	Walleye larger than 18"	
Vilas	Shannon Lake	Largemouth Bass larger than 16"	
Vilas	Snipe Lake	Walleye larger than 19"	Yellow Perch
Vilas	White Birch Lake	Walleye larger than 21"	

Mercury

** Women beyond their childbearing age and men are advised to eat no more than 1 meal per week of these panfish species.*

Specific advice for PCBs and other chemicals

Important: The meal advice in the PCB portion of this guide is for eating fish prepared according to this diagram.



One meal is assumed to be one-half pound of fish before cooking for a 150-pound person. This meal advice is equally protective for larger people who eat larger meals, and smaller people who eat smaller meals.

If you are a woman of childbearing age who intends to become pregnant, or are under the age of 15, you should be especially careful to space fish meals out according to these advisory tables.

Women beyond their childbearing years and men face fewer health risks from contaminants. However, if you are in this group you should still follow the advisory to reduce your total exposure to contaminants. You can space your meals more closely, but it is still important not to exceed the total number of meals per year, as specified in the advisory. For example, if you are on vacation and most of the fish you eat fall into the "One meal a week" category, you could eat several of these meals within the same week as long as you do not exceed 52 total meals the rest of the year.

Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Ahnapee River					
Carp			*All sizes*		
All other species	*Follow the* Safe-eating guidelines				
Badfish Creek in Dane County					
Carp			*All sizes*		
All other species	*Follow the* Safe-eating guidelines				
Black River below Black River Falls downstream to its mouth at the Mississippi River					
Channel Catfish			*Larger than 16"*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
Branch River in Manitowoc County. See also the Manitowoc River					
Trout and Salmon	*Follow the Lake Michigan PCB advisory*				
Cedar Creek from Bridge Road in the Village of Cedarburg, including Zeunert Pond, downstream to the Milwaukee River					
All Species					*All sizes*

Continued on next page

Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Chippewa River – downstream of dam at Holcombe to confluence with Mississippi River					
Carp			*All sizes*		
Sturgeon			*All sizes*		
All other species	*Follow the* Safe-eating guidelines				
Fond du Lac River - *follow the Lake Winnebago PCB advisory*					
Fox River - Swan Lake downstream to Portage					
Carp					*All sizes*
All other species	*Follow the* Safe-eating guidelines				
Fox River from Portage downstream to, but not including Buffalo Lake					
Black Crappie		*All sizes*			
Bluegill		*All sizes*			
Bullhead			*All sizes*		
Carp				*All sizes*	
Largemouth Bass			*All sizes*		
Smallmouth Bass			*All sizes*		
White Sucker			*All sizes*		
All other species	*Follow the* Safe-eating guidelines				
Fox River at Buffalo Lake					
Carp				*All sizes*	
Panfish		*All sizes*			
All other species	*Follow the* Safe-eating guidelines				
Fox River from Little Lake Butte des Morts downstream to the dam at DePere					
Carp					*All sizes*
Northern Pike			*All sizes*		
Smallmouth Bass			*All sizes*		
Walleye			*All sizes*		
White Bass			*All sizes*		
White Perch			*All sizes*		
Yellow Perch			*All sizes*		
Fox River from the DePere Dam downstream to the mouth					
Black Crappie			*All sizes*		
Bluegill			*All sizes*		
Carp					*All sizes*

PCB

Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Channel Catfish					*All sizes*
Northern Pike			*Less than 33"*	*Larger than 33"*	
Rock Bass			*All sizes*		
Sheepshead			*Less than 10"*	*10–13"*	*Larger than 13"*
Smallmouth Bass			*All sizes*		
Walleye			*Less than 16"*	*16–22"*	*Larger than 22"*
White Bass					*All sizes*
White Perch				*All sizes*	
White Sucker				*All sizes*	
Yellow Perch			*All sizes*		
Fox (IL) River (including Lake Tichigan)					
Channel Catfish			*All sizes*		
Northern Pike			*All sizes*		
Carp			*All sizes*		
Green Bay south of Marinette and its tributaries (except the Lower Fox River) including the Menominee, Oconto, and Peshtigo Rivers from their mouths up to the first dam					
Brown Trout			*Less than 17"*	*17–28"*	*Larger than 28"*
Carp					*All sizes*
Channel Catfish				*All sizes*	
Chinook Salmon			*Less than 30"*	*Larger than 30"*	
Northern Pike			*Larger than 22"*		
Rainbow Trout			*All sizes*		
Sheepshead			*All sizes*		
Smallmouth Bass			*All sizes*		
Splake			*Less than 16"*	*16–20"*	*Larger than 20"*
Sturgeon					*All sizes*
Walleye			*Less than 17"*	*17– 26"*	*Larger than 26"*
White Bass					*All sizes*
White Perch				*All sizes*	
White Sucker			*All sizes*		
Whitefish				*All sizes*	
Yellow Perch		*All sizes*			

Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Jackson Park Pond - Milwaukee County					
Black Crappie			*All sizes*		
Bluegill/Pumpkinseed			*All sizes*		
Carp			*All sizes*		
Largemouth Bass			*All sizes*		
Yellow Perch	*Follow the Safe-eating guidelines*				
Kewaunee River					
Channel Catfish			*Less than 13"*	*Larger than 13"*	
Carp			*All sizes*		
Trout and Salmon	*Follow the Lake Michigan PCB advisory*				
All other species	*Follow the Safe-eating guidelines*				
Lac La Belle					
Bigmouth Buffalo			*All sizes*		
All other species	*Follow the Safe-eating guidelines*				
Lake Mendota					
Carp			*Larger than 23"*		
All other species and/or sizes	*Follow the Safe-eating guidelines*				
Lake Michigan and its tributaries up to the first dam including the Root, Pike, Milwaukee, Sheboygan, Manitowoc and Kewaunee Rivers. Also see these rivers					
Brown Trout			*Less than 22"*	*Larger than 22"*	
Chinook Salmon			*Less than 32"*	*Larger than 32"*	
Chubs			*All sizes*		
Coho Salmon			*All sizes*		
Lake Trout			*Less than 23"*	*23–27"*	*Larger than 27"*
Rainbow Trout		*Less than 22"*	*Larger than 22"*		
Smelt		*All sizes*			
Yellow Perch		*All sizes*			
Whitefish			*All sizes*		
Lake Monona					
Carp			*All sizes*		
All other species	*Follow the Safe-eating guidelines*				
Lake Superior including tributaries up to their first impassable barrier (e.g. dam or falls). Also see St. Louis River					
Brown Trout		*All sizes (mercury & PCBs)*			
Burbot	*Follow the Safe-eating guidelines*				

PCB

Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Chinook Salmon		*Less than 25"*	*Larger than 25" (mercury & PCBs)*		
Coho Salmon	*Less than 18"*	*Larger than 18" (mercury)*			
Rainbow Trout		*All sizes (mercury & PCBs)*			
Lake Herring		*All sizes*			
Lake Sturgeon			*Larger than 50"*		
Lake Trout		*Less than 23"*	*23–34"*	*Larger than 34"*	
Lake Whitefish		*All sizes*			
Siscowet			*Less than 25"*		*Larger than 25" (dioxin)*
Smelt	*All sizes*				
Walleye - Less than 26", follow the Safe-eating guidelines			*Larger than 26"*		
Lake Winnebago including Lake Poygan, Lake Butte des Morts, and the Wolf River upstream to Shawano Dam					
Carp			*Larger than 20"*		
Channel Catfish			*Larger than 17"*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
Manitowoc River (South Branch) and its tributaries below Chilton downstream to Hayton Millpond (including Pine Creek)					
All Species					*All sizes*
Manitowoc River below Hayton Dam downstream to Clarks Mills Dam					
Bullhead			*All sizes*		
Carp					*All sizes*
Northern Pike			*All sizes*		
Rock Bass				*All sizes*	
White Sucker				*All sizes*	
Manitowoc River from the dam at Clarks Mills downstream to the mouth					
Carp			*All sizes*		
Channel Catfish				*Less than 20"*	*Larger than 20"*
Smallmouth Bass			*All sizes*		
Northern Pike			*All sizes*		
Trout and Salmon	*Follow the Lake Michigan PCB advisory*				
Menominee River from Pier's Gorge to Lower Scott Flowage. See also Green Bay					
Carp			*All sizes*		
Redhorse			*All sizes*		
Walleye	*See specific advice for mercury, Marinette County*				
All other species	*Follow the* Safe-eating guidelines				

PCB

Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Milwaukee River from the city of Grafton downstream to Estabrook Falls					
Black Crappie			*All sizes*		
Carp					*All sizes*
Largemouth Bass			*All sizes*		
Smallmouth Bass			*All sizes*		
Northern Pike				*All sizes*	
Redhorse			*All sizes*		
Rock Bass			*All sizes*		
Milwaukee River from Estabrook Falls downstream to the estuary including Menomonee River, Kinnickinnic River and Lincoln Creek					
Black Crappie				*All sizes*	
Carp					*All sizes*
Northern Pike				*All sizes*	
Redhorse				*All sizes*	
Rock Bass			*All sizes*		
Smallmouth Bass			*All sizes*		
Trout and Salmon	*Follow the Lake Michigan PCB advisory*				
Walleye			*Less than 18"*	*Larger than 18"*	
White Sucker				*All sizes*	
Yellow Perch		*All sizes*			
Mississippi River - Pools 2 and 3					
Buffalo			*Larger than 15"*		
Carp			*Larger than 15"*		
Catfish			*Larger than 20"*		
Walleye			*Larger than 25"*		
White Bass			*All sizes*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
Mississippi River - Pool 4					
Buffalo			*All sizes*		
Carp			*Larger than 15"*		
Catfish			*15-20"*	*Larger than 20"*	
Walleye			*Larger than 25"*		
White Bass			*All sizes*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				

Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Mississippi River - Pools 5, 5A, and 6					
Buffalo			*All sizes*		
Channel Catfish			*Larger than 15"*		
Walleye			*Larger than 25"*		
White Bass			*All sizes*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
Mississippi River - Pools 7 and 8					
Carp			*Larger than 20"*		
Channel Catfish			*Larger than 20"*		
White Bass			*Larger than 15"*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
Mississippi River - Pool 9					
Carp			*Larger than 20"*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
Mississippi River - Pools 10, 11, and 12					
Carp			*Larger than 22"*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
Neshonic Lake in La Crosse County					
Carp			*All sizes*		
All other species	*Follow the* Safe-eating guidelines				
Pike River in Kenosha County from Carthage College in the city of Kenosha downstream to the mouth					
Carp			*All sizes*		
Largemouth Bass			*All sizes*		
Trout and Salmon	*Follow the Lake Michigan PCB advisory.*				
All other species	*Follow the* Safe-eating guidelines				
Red Cedar River downstream of Lake Menomin to confluence with Chippewa River					
Channel Catfish			*All sizes*		
All other species	*Follow the* Safe-eating guidelines				
Root River from the Horlick Dam in the city of Racine downstream to the mouth					
Carp					*All sizes*
Trout and Salmon	*Follow the Lake Michigan PCB advisory*				
All other species	*Follow the* Safe-eating guidelines				

Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Sheboygan River from the dam at Sheboygan Falls downstream to the mouth					
All Resident Species (including carp, walleye,smallmouth bass, catfish, northern pike, rock bass, bluegill, and crappie)					*All sizes*
Trout and salmon	*Follow the Lake Michigan PCB advisory*				
St. Croix River below St. Croix Falls downstream to Stillwater, MN					
Channel Catfish			*Larger than 20"*		
Northern Pike			*All sizes*		
White Bass			*Larger than 15"*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
St. Croix River from Stillwater, MN downstream to the confluence with the Mississippi River					
Buffalo			*Larger than 20"*		
Carp			*All sizes*		
Channel Catfish			*All sizes*		
Walleye			*Larger than 25"*		
White Bass			*All sizes*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
St. Louis River from Superior Entry up to the dam at Fond du Lac, MN. See also Lake Superior PCB advisory					
Carp			*All sizes*		
Channel Catfish			*Larger than 18"*		
Walleye	*See mercury list for Douglas County, St. Louis River/Superior Harbor page 9*				
All other species and/or sizes	*Follow the* Safe-eating guidelines				
Twin (East and West) Rivers at Two Rivers from their mouths up to the first dam. See also Lake Michigan PCB advisory					
Black Crappie		*All sizes*			
Carp			*All sizes*		
Channel Catfish			*Less than 14"*	*14–18"*	*Larger than 18"*
Northern Pike			*Larger than 27"*		
All other species and/or sizes	*Follow the* Safe-eating guidelines				
Wisconsin River from dam at Merrill downstream to the dam at Nekoosa					
Carp			*All sizes*		
Channel Catfish			*All sizes*		
Redhorse			*All sizes*		
All other species	*Follow the* Safe-eating guidelines				

PCB

Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Wisconsin River from the dam at Nekoosa downstream to the Petenwell Dam (Petenwell Flowage)					
Carp					*All sizes (dioxin)*
Channel Catfish			*Less than 25"*		*Larger than 25" (dioxin)*
White Bass			*All sizes*		
All other species	*Follow the* Safe-eating guidelines				
Wisconsin River from Petenwell Dam downstream to Castle Rock Dam (Castle Rock Flowage)					
Carp					*All sizes (dioxin)*
All other species	*Follow the* Safe-eating guidelines				
Wisconsin River from Castle Rock Dam downstream to Wisconsin Dells Dam					
Carp			*All Sizes*		
All other species	*Follow the* Safe-eating guidelines				
Wisconsin River at Wisconsin Dells downstream to the Prairie du Sac Dam (includes Lake Wisconsin)					
Carp			*Less than 23"*		*Larger than 23" (dioxin)*
Lake Sturgeon				*Less than 54"*	*Larger than 54"*
All other species	*Follow the* Safe-eating guidelines				
Wisconsin River from the dam at Prairie du Sac downstream to the confluence with the Mississippi River					
Carp			*Larger than 20"*		
Lake Sturgeon			*Less than 60"*	*60"-67"*	*Larger than 67"*
All other species and/or sizes	*Follow the* Safe-eating guidelines				

PCB

For more information . . .

Citizens are welcome to find out if fish from a particular water have been tested. Call or write the DNR Bureau of Fisheries Management and Habitat Protection, P.O. Box 7921, Madison, WI 53707, (608) 267-7498 or contact DNR Regional offices in Spooner, Green Bay, Rhinelander, Milwaukee, Fitchburg and Eau Claire.

Region offices

Northern Region

DNR
810 W. Maple St.
Spooner, WI 54801
(715) 635-2101

DNR
Box 818
Rhinelander, WI 54501
(715) 365-8900

West Central Region

DNR
Box 4001
Eau Claire, WI 54702-4001
(715) 839-3700

Northeast Region

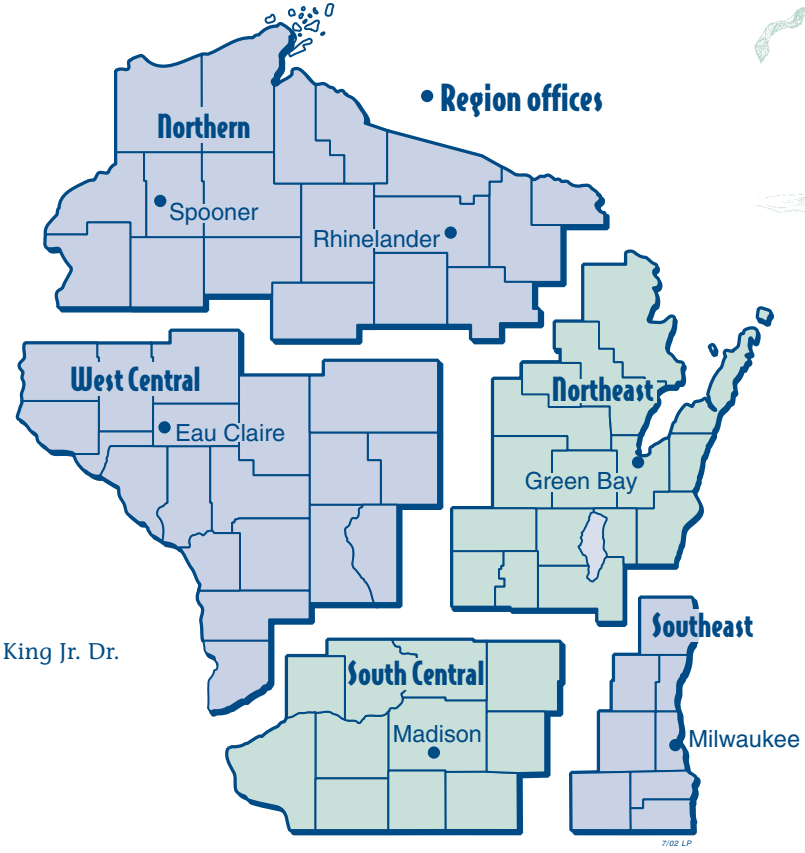
DNR
1125 N. Military Ave.
Box 10448
Green Bay, WI 54307
(920) 492-5800

Southeast Region

DNR
2300 N. Dr. Martin Luther King Jr. Dr.
Box 12436
Milwaukee, WI 53212
(414) 263-8500

South Central Region

DNR
3911 Fish Hatchery Rd.
Fitchburg, WI 53711
(608) 275-3266



Wisconsin Division of Public Health

(608) 266-1120 or
dhfs.wisconsin.gov/eh/

DNR Website

This advisory can also be viewed on the DNR's website: dnr.wi.gov/org/water/fhp/

Food and Drug Administration

www.cfsan.fda.gov

Environmental Protection Agency

epa.gov/waterscience/fish/